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The first of many more

HRM delivers its first baby of 2013 to Halifax family PAGE 2

TRAPPING THE MILL RATS

RAINMEN HOLD OPPONENTS TO 26% SHOOTING IN 27-POINT WIN PAGE 16



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Wednesday, January 2, 2013

News worth sharing.



DIVING INTO 2013

Connor Miller flips off the dock during the 2013 Herring Cove Polar Bear Dip at the Government Wharf in Herring Cove on Tuesday. Miller, a veteran jumper of five years, was one of close to 150 people who took the annual New Year's Day plunge. For the story, see page 3. DEVAAN INGRAHAM/FOR METRO

Gun pulled on city bus

Police concerned.

Weapon not fired but woman punches teen during early-morning incident: Cops



RUTH DAVENPORT
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Halifax police are looking for two suspects after another gun-related crime in metro.

Around 1:30 a.m. Tuesday, police received a call about weapons on a Metro Transit bus in Dartmouth.

A man and woman got into an argument with four teenaged girls on the bus and the man eventually pulled out a handgun and pointed it at two of the younger girls.

Halifax Regional Police Sgt. Gordon Graham said no one in either group was known to one another, and there was no clear indication of what started the dispute.

"It wasn't really over any-

thing," he said. "One of them didn't like the way they were looking at the other."

The couple eventually left the bus, and the woman punched one of the teens in the face on the way out.

No injuries were reported as a result of the incident, and only limited descriptions of the suspects are available.

Graham said police are very concerned about the brazen use of a gun in a public place.

It's the second case of gun-related crime in the last week.

On Friday, police arrested a 16-year-old at MicMac Mall who was allegedly carrying a concealed, loaded firearm.

He appeared in court Monday facing several weapons charges.

Police seized drugs and cash from three other young men in the same incident. An 18-year-old, 22-year-old and another 16-year-old are facing charges of drug possession, trafficking, and violation of court orders.

Quoted

"It scares us, just like it scares everyone else."

Halifax Regional Police Sgt. Gordon Graham



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Enfield

Former biker gang member arrested after hammer attack

A former president of a biker gang is under arrest and facing charges of attempted murder after an attack in an Enfield home, RCMP say.

Cpl. Scott MacRae said police received a call about an assault in a home on Renfrew Road at about 8:30 a.m. on Monday.

"When we arrived, we found that a 50-year-old man had been attacked, as well as a female who had tried to intervene," he said. "The suspect had used a hammer in the assault, and the victims sustained what we'd call non-life-threatening injuries."

MacRae said the three parties are known to each other, and investigators soon arrested Paul Roderick Fowler, 44, at another home on Renfrew Road.

"Major-crime investigators executed a search warrant at the suspect's residence, where they also got some drugs, a quantity of marijuana and some guns," MacRae said.

Fowler is a former president of the Hants County chapter of the Bacchus Outlaw Motorcycle Gang, though his current status within the organization is unknown.

Fowler was remanded to the Burnside jail and is expected in Truro provincial court on Wednesday to face charges that include attempted murder, uttering threats and assault.

MacRae said the dispute that led to the hammer attack isn't believed to be connected to biker activities.

RUTH DAVENPORT/METRO

Cumberland County

Man faces charges after armed standoff with police

A 48-year-old man is facing several firearm charges after an armed standoff with police in Joggins overnight on Monday.

At 11:50 p.m., Cumberland RCMP received a call about an emotionally disturbed man threatening to kill himself in a home on Main Street. An RCMP release says police set up a perimeter around the home and contacted the man, who was arrested without incident at 1:30 a.m.

Police say they seized a long gun and ammunition from the home.

METRO



Janet Spencer smiles at her daughter, Mya Rose, in her IWK Health Centre hospital room on Tuesday afternoon. DEVAAN INGRAHAM/FOR METRO

New baby rings in the new year

Big birthday. Third child for Halifax family is HRM's first of 2013



RUTH DAVENPORT
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HRM's first baby of the year nearly started a minor family spat.

Janet Spencer of Halifax gave birth to her daughter, Mya Rose, at 4:32 a.m. on Tuesday, the first woman at the IWK Health Centre to deliver in 2013.

Spencer said her water broke on Dec. 30, raising the possibility she might deliver on New Year's Eve — just like

Quoted

"I'm very excited and overwhelmed, but I'm glad to do it all over again. It's definitely going to be the last one, that's for sure." Janet Spencer

her sister, who wasn't too thrilled at the prospect.

"She didn't want me to have a New Year's Eve baby," laughed Spencer, 28, in her hospital room on Tuesday afternoon. "She was like, 'I want my daughter to have her own special day.'"

Spencer and her partner, Jordan Purcell, said they were surprised to learn they'd won the annual baby race, hours after the calendar flipped over.

"We figured someone else would have popped by then," a beaming Purcell said.

Mya is the first child for Purcell, a tradesman in the offshore industry, and the third for Spencer, a personal-care worker.

The couple said a Jan. 1 birthday comes with some drawbacks, primarily the setback in school enrolment.

On a lighter note, Spencer said party planning for a New Year's Day baby will be chal-

lenging — though she'll take notes from a friend whose grandson was also born on Jan. 1.

"They'll have a little thing today, but they celebrate the weekend after because it's hard to get people together when they're hungover or doing the family thing," she said.

Delivery date aside, Purcell said he's just thrilled to be a father for the first time.

"It was the most surreal thing I've ever seen," he said. "I'm at a loss for words. I'm very happy, very excited and I can't wait to raise my daughter."

Follow Ruth Davenport on Twitter @ncnvenientruth



Man facing impaired-driving charges. New Year's Day crash knocks out power to hundreds in Dartmouth

Hundreds of Dartmouth residents spent part of New Year's Day in darkness, thanks to an early-morning traffic accident.

The collision happened at about 4:20 a.m. in the 400 block of Portland Street. Police say the driver of a red Chrysler Sebring hit a fire hy-

drant and power pole, knocking the power lines to the ground.

Traffic was blocked on Portland Street in both directions, and about 1,400 residents in the area lost power.

The 26-year-old driver of the Sebring was arrested and taken to police headquarters

Details

- Power was fully restored by 2 p.m. on Tuesday.

for a breathalyzer test, which he failed.

The man will appear in court at a later date, facing impaired-driving charges. No one was hurt in the accident.

Portland Street was closed between Gaston Road and Prince Arthur Road while Nova Scotia Power repaired the pole and lines.

RUTH DAVENPORT/METRO

Haligonians kick off 2013 with a chilly plunge

Tradition continues. 19th annual Herring Cove dip sees close to 150 people dive into frigid waters



HALEY RYAN

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For Sharon Blanchard, doing the polar-bear dip is just like a trip to the salon.

"It's like when you get your eyebrows waxed," she said, walking down to the Herring Cove wharf with a crowd of people dressed in bathrobes and toques.

"Just before they peel off the wax, it's that moment of you know there's going to be some pain."

The 19th annual Herring Cove Polar Bear Dip brought out over 140 people of all ages to take the plunge into icy Atlantic waters on New Year's Day.

Father Zachary Romanowsky of St. Paul's Catholic Church, just around the corner from the wharf, was happy to lead the way as the first person to take the dip.

"When you come out, you're really energized and it's fun," said Romanowsky. "For the little bit of discomfort from the cold water, it's worth it."

William Wensel said he

brought his two daughters to jump with him because it's a great Maritime bonding experience.

"It's a wonderful, intense feeling.... It's fantastic for your willpower," Wensel said about the dip.

The sun was warm around noon when the event began, but large snowflakes began to fall about half an hour into the jumping, decorating people's towels and hair as they climbed back out.

Robert MacLellan has been jumping for 13 years, and organizing the event for 11. He said a similar amount arrived in 2012, but the \$2,000 raised for Feed Nova Scotia this year was far below the \$5,600 last January.

"Donations may be down, but spirit is up," MacLellan said. "It's a great way to wash the sins from last year and start this year off fresh."

Jim Stenhouse, 70, dedicated his jump to the North Shore swimming club he helped coach in his home country of New Zealand and mark his own return to Nova Scotia.

"What a better way to come back to Canada," said Jim's son Andrew Stenhouse, who also took the plunge with his dad.

"I was thinking, 'What's a 70-year-old doing jumping into this water? But it was great,'" laughed the elder Stenhouse.



A participant of the 2013 Herring Cove Polar Bear Dip at the Government Wharf in Herring Cove jumps into the water on Tuesday. DEVAAN INGRAHAM/FOR METRO

2013 resolutions

While cold water took up most of their thoughts, some people participating in the Herring Cove Polar Bear Dip, and others who watched from the sidelines, shared their New Year's resolutions for 2013.

- Stay the same. "I'm just

going to try and be the same person I am, and see where that takes me," said Robert MacLellan, 55, organizer of the event.

- Stay positive. Madeline Wensel, 19, took the plunge for the first time Tuesday with her father

and sister. "I want to stay positive, and just surround myself with positive people," Wensel said.

- Done. When asked what his resolution for this year is, Andrew Stenhouse of Halifax smiled

and said, "I just did it!"

- No resolution. Bill Neal travelled from Saint John, N.B., to do the jump with friends, but doesn't usually make a resolution. "They're easy not to break when you don't have them," he joked.



Arnie Ross, 78, raillies his fellow jumpers before the 2013 Herring Cove Polar Bear Dip Tuesday. DEVAAN INGRAHAM/FOR METRO

HMCS Athabaskan docked due to bad weather

The HMCS Athabaskan will be tied up at the Canadian Coast Guard jetty at the Osprey dock in North Sydney until weather conditions improve along the Atlantic Coast.

The Canadian destroyer was being towed by two commercial tugboats from St. Catharines, Ont., to Halifax to have its refit completed when the tow line broke free Friday night.

The ship was set adrift for

hours near Scatarie Island, off Cape Breton's eastern coastline, sailing at approximately 0.5 knots, a Canadian Forces spokesman said.

A Cormorant helicopter flew in from CFB Greenwood to help reconnect the tow line. The Athabaskan made it into Sydney harbour late Saturday afternoon, docking just north of the Marine Atlantic ferry terminal.

Capt. Doug Keirstead of

Maritime Forces Atlantic said the ship was never in any danger of running aground on Scatarie Island.

Scatarie is already home to the shipwrecked bulk cargo vessel MV Miner, which had its tow line break Sept. 20, 2011, as a Greek-owned tug attempted to haul the empty freighter to Turkey where it was to be turned into scrap.

Keirstead said the Athabaskan will remain docked in

North Sydney for an "indeterminate period" of time.

"The weather remains quite windy and we don't intend to move her until conditions are more favourable," he said.

The Athabaskan, which has been in service for the Canadian Forces since 1972, had been undergoing a refit at Seaway Marine and Industrial Inc. dry dock in Port Weller, Ont., since March.

CAPE BRETON POST



The HMCS Athabaskan tied up at the Osprey dock in North Sydney, Monday. CAPE BRETON POST

Age test to decide if suspected rapist can face murder charge

India. Prosecutors seek death penalty for five other suspects held in rape and murder case

A bone test is being conducted to confirm the age of a young suspect in custody in the fatal assault and gang rape of a woman on a bus in India's capital, while prosecutors will seek the death penalty for five other men arrested with him, police said Tuesday.

The six will be formally charged Thursday on accusations that they kidnapped, gang-raped and murdered the 23-year-old woman in New Delhi on Dec. 16, a police spokesman said.

Outraged Indians have been demanding the death penalty for the six men, holding demonstrations almost every day. Murder is punishable by death and rape by life imprisonment. But those

Too often ignored

Activists hope the assault will shatter taboos and make authorities take such cases more seriously.

- Police often refuse to hear complaints and even accuse victims of inviting male attention.
- Families also dissuade victims from coming forward in the belief that it will ruin their reputations.

below 18 years of age cannot be prosecuted for murder.

Another officer said a bone test is being conducted to determine if one suspect is indeed a juvenile. If the test determines he is 18 years or older, he will be treated as an adult, said the officer, who spoke on condition of anonymity.

THE ASSOCIATED PRESS



The gang rape and killing of a student has set off an impassioned debate about what India needs to do to prevent another tragedy. DAR YASIN/THE ASSOCIATED PRESS

Police ID some victims in B.C.-bound bus crash



The crash site near Deadman Pass. OREGON STATE POLICE HANDOUT/THE CANADIAN PRESS

Investigators in Oregon are trying to piece together the final moments before a Vancouver-bound tour bus carrying 48 people careened down a steep hillside, ejecting some passengers and killing nine.

Police said Monday they weren't sure how fast the bus was travelling on a partly icy highway in a rural mountain pass east of Pendleton, Ore.

Oregon State Police identified one of the victims as a 57-year-old Washington man. Authorities said Dale William Osborn was killed in Sunday's crash and his wife Sue Osborn remained hospitalized.

His daughter, Jennifer Sherman, said she was told her father

was hit in the head by a rock while her mother was thrown into a river bed.

A list of injured released by police named seven Canadian residents, including the driver, identified as 54-year-old Haeng Kyu Hwang of Vancouver.

State Police Lt. Gregg Hastings said it could take a month or more to determine whether the driver will face any charges.

Police said they were working with the Korean Consulate to identify other victims. They confirmed 39 people were transported for treatment of injuries and at least 14 of them remained in hospital.

The bus was travelling westbound in the left lane when it

hit a concrete barrier, veered across both westbound lanes and went through the guardrail before plunging about 60 metres down the embankment, Hastings said. The National Transportation Safety Board said the bus rolled at least once.

When the tour bus came to a rest, terrified passengers looked for their loved ones.

"Some mothers screamed to find their son or daughter," said Jaemin Seo, a 23-year-old Korean student studying in Vancouver.

Seo said he was awakened by screaming and was ejected from a broken window as the bus careened down the hill. He

suffered a broken ankle and a gash in his arm.

The crash occurred near a spot called Deadman Pass, at the top of a steep, 11-kilometre descent from the Blue Mountains.

Rescuers faced the challenge of bringing survivors up a steep cliff, Pendleton Fire Chief Gary Woodson said. They descended the hill and used ropes and baskets to help retrieve people from the wreckage in freezing weather.

Some survivors were carried on backboards by six or eight rescuers. Others were hoisted in baskets, and an all-terrain vehicle arrived toward the end. THE ASSOCIATED PRESS

New York City

Woman killed by subway train on New Year's Day

New York City police say a young woman stumbling around on a subway platform not far from Times Square fell onto the tracks and was killed by a train.

The accident happened before dawn on New Year's Day at a station just one stop from where revellers gather in Times Square to celebrate at midnight. Police say the victim was in her 20s.

THE ASSOCIATED PRESS

Full recovery expected

Hillary Clinton on blood thinners for clot in her head

U.S. Secretary of State Hillary Clinton continues to recover in a New York hospital where she's being treated for a blood clot in her head.

Her doctors say blood thinners are being used to dissolve the clot and are confident she will make a full recovery. Clinton didn't suffer a stroke or neurological damage from the clot that formed after she suffered a concussion



Secretary of State Hillary Clinton
THE ASSOCIATED PRESS FILE

during a fainting spell at her home, doctors said in a

statement Monday.

Clinton, 65, was admitted to New York-Presbyterian Hospital on Sunday when the clot turned up on a followup exam on the concussion, Clinton spokesman Phillippe Reines said.

Clinton returned to the U.S. from a trip to Europe, then fell ill with a stomach virus in early December that left her severely dehydrated.

Her condition worsened when she fainted, fell and suffered a concussion while at home alone in mid-December as she recovered from the virus.

THE ASSOCIATED PRESS

Molten money

Bank hushes talk of melting bills

Disclosing details of behind-the-scenes discussions about tales of melting banknotes could endanger national security or international relations, says Canada's central bank.

In response to a formal request from The Canadian Press, the Bank of Canada released 134 pages of internal records — almost completely blanked out — concerning allegations its new polymer bills melted in the scorching summer sun.

The bank began issuing

\$100 polymer banknotes in late 2011, saying they were harder to counterfeit than paper notes and would last much longer.

Unconfirmed reports of cooked currency emerged in July when a Kelowna, B.C., bank teller said she had heard of cases in which several bills had melted together inside a car.

Soon after, a photo of scorched \$100 bills surfaced in Ontario — purportedly after they were stored in a metal can next to a baseboard heater.

The bank swiftly denied that its new bills could be affected by heat in these ways.

THE CANADIAN PRESS

Northern West Bank. Attempt to nab Jihadists sets off hours of violence

An arrest raid by undercover Israeli soldiers disguised as vegetable vendors ignited rare clashes in the northern West Bank on Tuesday, residents said, leaving at least eight Palestinians wounded.

Israeli army raids into Palestinian areas to seize activists and militants are fairly common. The raids are normally co-ordinated with Palestinian security forces, and suspects are usually apprehended without violence.

The clashes began early Tuesday after Israeli forces disguised as merchants in a vegetable truck arrested one man. Regular army forces then entered the town, prompting youths to hurl rocks to try to prevent more arrests.

Israeli forces fired tear gas, rubber bullets and live ammunition as youths set tires and bins on fire to block the passage of military vehicles. In several hours of clashes, dozens of masked youths hid behind makeshift barriers, hurling rocks and firebombs at soldiers.

Faris Bisharat, a resident of Tamoun, said 10 men were wounded, some by live fire. Bisharat said the wanted men belong to Islamic Jihad, a violent group sworn to Israel's destruction. It



Palestinian protestors react to tear gas released by Israeli soldiers.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

wasn't clear how many men Israeli forces sought to arrest. There were no immediate details on how seriously the eight were hurt.

The Israeli military said it arrested a "terrorist affiliated with the Islamic Jihad terror group." It said two soldiers were injured during the raid.

The fighting, which broke out in several parts of the town of some 8,000 people, was a rare, angry response. It was also unusual for Israeli forces to use live fire toward Palestinian demonstrators. Israel says it uses live fire only in extremely dangerous situations.

THE ASSOCIATED PRESS

Syria. Rebel forces beef up attacks on airports around Aleppo province

Clashes between government troops and rebels on Tuesday forced the international airport in Aleppo to stop all flights in and out of Syria's largest city, while fierce battles also raged in the suburbs of the capital Damascus.

The rebels have been making inroads in the civil war recently, capturing a string of military bases and posing a stiff challenge to the regime in Syria's two major cities — Damascus

and Aleppo.

The opposition trying to overthrow authoritarian President Bashar Assad has been fighting for control of Aleppo since the summer, and they have captured large swathes of territory in Aleppo province west and north of the city up to the Turkish border.

In the past few weeks, the rebels have stepped up their attacks on airports around Aleppo province.

THE ASSOCIATED PRESS

Egypt

TV host under fire for presidential parody

Egyptian prosecutors launched an investigation on Tuesday against a popular television satirist for allegedly insulting the president in the latest case raised by Islamist lawyers against outspoken media personalities.

Lawyer Ramadan Abdel-

Hamid al-Oqsori charged that TV host Bassem Youssef insulted President Mohammed Morsi by putting the Islamist leader's image on a pillow and parodying his speeches.

The case against Youssef comes as opposition media and independent journalists are growing increasingly worried about press freedoms under a new constitution widely supported by Morsi and his Islamist allies.

THE ASSOCIATED PRESS



A Pakistani driver who survived an attack on a van that was targeted by gunmen in Swabi, lies at the Lady Reading Hospital after being admitted for treatment, in Peshawar, Pakistan, on Tuesday. Gunmen killed five female teachers and two other people on Tuesday in the ambush. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Deadly shooting targets aid workers

Attack on women.

Motive for the killing could be linked to anti-polio campaigns, says group director

Gunmen on motorcycles sprayed a van carrying employees from a community centre with bullets Tuesday, killing five female teachers and two aid workers, but sparing a child they took out of the vehicle before opening fire.

The director of the group that the seven worked for

says he suspects it may have been the latest in a series of attacks targeting anti-polio efforts in Pakistan. Some militants oppose the vaccination campaigns, accusing health workers of acting as spies for the U.S. and alleging the vaccine is intended to make Muslim children sterile.

Last month, nine people working on an anti-polio vaccination campaign were shot and killed. Four of those shootings were in the north-west where Tuesday's attack took place.

The attack was another reminder of the risks to women educators and aid workers

from Islamic militants who oppose their work. It was in the same conservative province where militants shot and seriously wounded 15-year-old Malala Yousufzai, an outspoken young activist for girls' education, in October.

There was no immediate claim of responsibility for the latest shootings.

The teachers and health workers — one man and one woman — were killed in Khyber Pakhtunkhwa province on their way home from a community centre in the town of Swabi where they were employed at a medical clinic and primary school.

Their driver was also injured.

The injured driver in Swabi told investigators that the gunmen stopped the vehicle and removed a boy — the son of one of the women — before indiscriminately opening fire, said police officer Fazal Malik. The woman's husband rushed to the scene after receiving a phone call alerting him to the shooting.

Militants in the province have blown up schools and killed female educators. They have also kidnapped and killed aid workers, viewing them as promoting a foreign, liberal agenda.

THE ASSOCIATED PRESS

Fireworks sparks stampede in Ivory Coast



An Ivory Coast troop stands next to people's belonging after a deadly stampede on Tuesday.

EMANUEL EKRA/THE ASSOCIATED PRESS

A crowd stampeded after leaving a New Year's fireworks show early Tuesday in Ivory Coast's commercial centre, killing 61 people — many of them youths — and injuring more than 200, rescue workers said.

The death toll was expected to rise, the officials said.

Thousands had gathered at the Felix Houphouet Boigny Stadium in Abidjan's Plateau district to see the fireworks. After the show, the crowds

poured onto the Boulevard de la Republic by the Hotel Tirama at about 1 a.m., said Col. Issa Sako of the fire department rescue team.

"The flood of people leaving the stadium became a stampede which led to the deaths of more than 60 and injured more than 200," Sako told Ivory Coast state TV.

Most of those killed were between 8 and 15 years old, he said. Desperate parents went to the city morgue, the hospi-

tal and to the stadium to try to find children who are still missing. President Alassane Ouattara and his wife visited some of those hospitalized and he pledged that the government would pay for their treatment, his office said.

The government organized the fireworks to celebrate Ivory Coast's peace, after several months of political violence in early 2011 following disputed elections.

THE ASSOCIATED PRESS

Executive pay

Top CEOs earn average of \$7.7M, think tank says

By the end of the lunch hour on Jan. 2, the highest-paid chief executive officers in Canada will have earned as much as the average Canadian makes all year, a new survey of CEO pay shows.

The top 100 CEOs in Canada earned \$7.7 million on average in 2011, according to Ottawa-based think tank the Canadian Centre for Policy Alternatives. In comparison, the average industrial wage was \$45,488.

The think tank's research is based on publicly available documents. **TORSTAR NEWS SERVICE**

Fiscal-cliff deal passes in late-night vote

Washington, D.C. Rare New Year's Day session ends successfully after Senate and House OK compromise bill

Past its own New Year's deadline, a weary Congress sent U.S. President Barack Obama legislation to avoid a national fiscal cliff of middle-class tax increases and spending cuts late Tuesday night in the culmination of a struggle that strained America's divided government to the limit.

The bill's passage on a bipartisan 257-167 vote in the House sealed a hard-won political triumph for the president

less than two months after he secured re-election while calling for higher taxes on the wealthy.

Moments later, Obama strode into the White House briefing room and declared, "Thanks to the votes of Republicans and Democrats in Congress, I will sign a law that raises taxes on the wealthiest two per cent of Americans while preventing tax hikes that could have sent the economy back into recession."

He spoke with Vice President Joe Biden at his side, a recognition of the former senator's role as the lead Democratic negotiator in final compromise talks with Senate Republican Leader Mitch McConnell of Kentucky.

In addition to neutraliz-

Online

For the latest updates, visit metronews.ca



Sen. John Barrasso, left, R-Wyo., talks with Sen. Brian Schatz, D-Hawaii, holding up his watch, after a vote on the fiscal cliff Tuesday on Capitol Hill. The Senate and House passed legislation early New Year's Day to neutralize a fiscal cliff combination of across-the-board tax increases and spending cuts that kicked in at midnight. ALEX BRANDON/THE ASSOCIATED PRESS

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YOLO, SO IT'S TIME TO RETIRE THESE CLICHÉS



JUST SAYIN'
Paul Sullivan
metronews.ca/voices/
just-saying

How many times over the past year have you heard the term "double down"? If you answered, "Too many," you probably feel much the same way about other misused and abused words and phrases of 2012, including, but not restricted to: Fiscal cliff, trending, passion, spoiler alert, bucket list, superfood and the now unavoidable YOLO (you only live once).

These and others turned up on this year's Lake Superior State University's 2013 List of Banned Words. When you're only a minor seat of higher learning in the snowbelt — and not Harvard — you need to come up with a shlick to get noticed.

An aptitude for platitudes

It's like you belong to a club, and the only requirement for membership is that you have to use the trendy word before your mother texts it to her BFF.

Back in 1975, some PR genius at LSSU came up with the idea of an annual list of words that need to be banned. Every year, the university publishes a selection of words and phrases compiled from the submissions of grumpy wordsmiths across North America, and every year, the news services cover it as if it's actually news. Of course, "wordsmith" made the list one year, but, like most of the other words on the list, people just keep on using them ... until they don't.

The list is more important now than ever as the alarming proliferation of bloggers who feed off other bloggers has led to the near-complete eradication of original thought, as everyone doubles down on the trending slang.

It's like you belong to a club, and the only requirement for membership is that you have to use the trendy word before your mother texts it to her BFF (previously banned abbreviation for best friend forever). If you continue to use it after that, you earn the scorn of the haters, but I'm sure everyone else thinks you're terribly trending.

The problem with "trending," according to its nominators, is that it's not up to the task: Trending which way? Up? Down? Out?

The problem with the fiscal cliff is obvious. Talk about a lazy reference to the worst financial crisis of the century to date. But instead of working hard to understand it, all of us lemmings prefer to roll it up and package it in a neat phrase that we can take with us as we go over it.

"Double down" is particularly odious. It allows you to pretend you're a real riverboat gambler, comfortable with high-risk blackjack strategies, when you don't know jack about doubling down or hitting me up or whatever.

One of my faves this year is "passion," as in "That's my passion," justifying some inane or inherently dangerous practice you're currently enthusiastic about. "Passion" goes well with "fruit" and "Easter," but otherwise should be avoided as overkill.

Just because YOLO doesn't mean you should give in to your passion for clichés.

Just sayin'.



Oh yeah? Trend this: Psy, left, performs in Times Square during New Year's Eve celebrations in New York City. The South Korean rapper was third in Google's 12th-annual ranking of trending searches for 2012.

CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Moscow on the Mediterranean



ODED BALILY/THE ASSOCIATED PRESS

Distinct society

From Russia with love of culture

The children of immigrants from the former Soviet Union attend a ballet class in Lod, central Israel. The Soviet state crumbled 20 years ago, and in the aftermath, more than one million of its citizens took advantage of Jewish roots to emigrate to Israel. Some prominent ballet dancers were among them, forming ballet schools and continuing a dance culture highly regarded in their mother country.

THE ASSOCIATED PRESS

Growing influence

3rd

Israel has the world's third-largest Russian-speaking community outside of the former Soviet Union, after the U.S. and Germany. Today, Russian-speaking émigrés and their children occupy virtually every corner of Israeli society, from academia and technology to the military and politics. Every fourth employee in Israel's flourishing high-tech industry is a Russian-speaking immigrant, as is every other engineer. The world's second-ranked chess master, Belarus-born Boris Gelfand, lives in Israel, and about one-quarter of Israel's Olympic coaches grew up in the former Soviet Union.

Kosher clash



ODED BALILY/THE ASSOCIATED PRESS

An employee of the Mizra pork-processing plant poses with a pig's head in a refrigerated warehouse in Kibbutz Mizra, northern Israel. The Russian immigrant community has increased demand for pork in the country, a non-kosher food rarely eaten by Israeli Jews.

THE ASSOCIATED PRESS

Old country and new

Russian power on the rise

By virtue of their sheer numbers in a country of eight million people, the Russian population has transformed Israel. In parts of the country, it's hard to find a single Hebrew sign in a sea of Cyrillic. Shopkeepers address customers in Russian and stores are amply stocked with red caviar and vodka. Russian pop beats thump at bars, and in some homes, people are as likely to be hunched over a chessboard as they are a computer keyboard.

THE ASSOCIATED PRESS



Register at metropolitanpanel.ca and take the quick poll

How long could you survive in your house if there was a severe natural disaster?



Twitter

@VulgarViking:

Dartmouth never fails to give us great news on a daily basis?! You make Springfield look like Wonderland!

@brainwrinkler:

People in HRM just went all out last night eh? Robberies Drunk driving Hitting telephone poles x2 Pulling guns on metro transit.

@SoapboxSurgeon:

Thanks to the girl who found my cell on the sidewalk last night,

called my friends and charged my phone so I could call it.

@colbycosh:

It's a real treat to be in #halifax right now and be able to watch both MacKinnon and Drouin play.

@jonnystevens:

I'm shocked at what \$400k buys you on the peninsula. The difference between Halifax and Dartmouth is that \$360k buys you palace w/ pool



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DVD review



Looper

Director. Rian Johnson

Stars. Joseph Gordon-Levitt,
Emily Blunt

Looper is a real head flip of a time trip, definitely not your usual ray gun routine, which is why it was chosen as the gala opener for this year's TIFF.

Skillfully bending genres since he first smashed with Brick in 2005, Rian Johnson puts that film's star, Joseph Gordon-Levitt, into an identity crisis sci-fi thriller set in the Kansas of 2044. JGL plays Joe, a "looper" (hit man) working for innovative mobsters from the year 2074, who use a time machine to send their victims back three decades for untraceable bullets and burning. Fast cash is just a shot away for ice-cool Joe and his blunderbuss — until a new crime kingpin decides to "close the loop" and the mirror threatens.

Bruce Willis and Emily Blunt co-star in this future shocker that is smarter than most, at least until the novelty wears thin. Extras include deleted scenes, making-of featurettes and feature commentary by Rian Johnson, Joseph Gordon-Levitt and Emily Blunt.

PETER HOWELL



Horror icon Leatherface returns to hunt unsuspecting teenagers in the latest installment of The Texas Chainsaw Massacre series, Texas Chainsaw 3D. HANDOUT

Carving out a killer franchise — in 3D

Horror. The Texas Chainsaw Massacre's Leatherface has been terrifying audiences for more than 30 years



IN FOCUS
Richard Crouse
scene@metronews.ca

Two far-flung events inspired director Tobe Hooper to write The Texas Chainsaw Massacre, the down-and-dirty 1974 indie film that spawned sequels, prequels and this weekend's splashy 3D remake — the imaginatively titled Texas Chainsaw 3D.

In November 1957, police raided the home of Plainfield, Wis., farmer Ed Gein, uncovering gruesome evidence that would lead to charges of murder and body snatching.

After two trials, he spent the rest of his life in a mental facility, but his story would go on to inspire three characters—Norman Bates from Psycho, Buffalo Bill from The Silence of the Lambs and one other that would serve as the basis for six films.

Gunnar Hansen, who played Leatherface in Texas Chainsaw Massacre, says Hooper and co-writer Kim Henkel based the character of the hooded chainsaw killer on Gein.

"When they set out to write this movie," he said, "they decided to have a family of killers who had some of the character-

istics of Gein: the skin masks, the furniture made from bones, the possibility of cannibalism."

Hooper adds the story was also partially inspired by "the massacres and atrocities in the Vietnam War" and a display of chainsaws in the hardware section of a crowded Montgomery Ward's department store.

"The idea popped," he remembered. "I said, 'Ooh, I know how I could get out of this place fast — if I just start one of these things up and make that sound.'"

That nerve-jangling noise — the revving of a chainsaw — has been the soundtrack of terror ever since. The original is an atmospheric gem, a white-knuckle movie that made Leatherface the first icon of modern horror.

The apron-wearing cannibal

has appeared in five more films — most of which don't veer too far from the original plot line of unsuspecting kids falling prey to a family of demented, cannibalistic inbreds.

There's The Texas Chainsaw Massacre 2, starring Dennis Hopper, Leatherface: TCM III, TCM: The Next Generation (starring the then-unknown Matthew McConaughey and Renée Zellweger), 2003's The Texas Chainsaw Massacre, TCM: The Beginning and the new 3D version.

Leatherface's scares don't always happen on screen, however. At the Kingsway Theatre in Toronto, the flick inspired audience participation when someone dressed in a butcher's outfit ran down the aisle brandishing a real, revving chainsaw.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Top pop culture moments of 2012



Pop icon Whitney Houston was only 48 years old when she died on Feb. 11. GETTY IMAGES

Entertainment. From “Hey, sexy lady” to saying goodbye to an icon, Metro looks back at some of the year’s biggest moments.

•“Whitney Houston’s death in February was a tragic event that symbolically set the tone for a year where the old guard in soul and R&B music gave way to a younger generation, as hip-hop kids like Frank Ocean, Miguel and The Weeknd basically reinvented the genre in 2012.” **PAT HEALY**

•“I remember going to a party and it’s all anyone could talk about. I mean, we all knew she wasn’t doing well, but I guess we didn’t realize the ex-



Top 5

- 1 Whitney Houston dies.
- 2 Tom Cruise and Katie Holmes divorce.
- 3 Kristen Stewart cheats on Robert Pattinson.
- 4 PSY takes over the world with Gangnam Style.
- 5 The royals are having a baby.

tent of her fall from grace until it was too late.” **DOROTHY ROBINSON**

•“Our ‘Kristen, how could you?’ cover is blown-up and hanging on the wall next to my desk. Every day I ask myself the same thing.” **MEREDITH ENGEL**

Psycho for Psy

“When my mother asked me what K-Pop was, I knew this thing was bigger than all of us. Parents are the best barometer.”

Heidi Patalano, on Gangnam Style

PSY GETTY IMAGES

•“At the risk of giving this any more ink: Robert Pattinson’s hair at least deserves to be cheated on in a proper hotel room.” **MONICA WEYMOUTH**

•“I can’t believe you would vote for Stewart/Pattinson break up when we don’t mention 50 Shades. It’s bonkers it’s not on this list. But maybe it’s not because we are all still wondering how such badly written erotica could take off like it did.” **DR**

•“I just wanted to say that I think my 2012 approach to the Kardashian family has really worked this year. I vowed at the onset of 2012 to not speak the Kardashian name aloud. And look at how you’re not seeing them on quite as many magazine covers in the checkout line. They’re not even on this list! It’s the power of the cosmic unconscious, people! Yes, the one that they call Kim is doing whatever she can to keep her flicker of fame alight — hiring Kanye West to pretend like he’s into her and now pregnant with his child — but in 2013 if we all agree not to speak the name of that family, I think we can finally make them go away forever.” **PH**

•“I never thought I’d be someone who thinks of themselves as a ‘royal fan’ but I really dig Kate and William and I’m excited for them.” **DR**



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The Real Middle-earth

With last month's world premiere of Peter Jackson's *The Hobbit: An Unexpected Journey* in New Zealand, a trip to experience Middle-earth is likely on the bucket list for many fans. Below are some of the top New Zealand tourism activities focused on *The Lord of the Rings* and *The Hobbit: An Unexpected Journey*.

RUTH ATHERLEY
life@metronews.ca

Hobbiton

Near Matamata, a picturesque town just two and a half hours from Auckland (New Zealand's largest city and the gateway to Middle-earth), visitors can enjoy a guided tour of the Hobbiton movie set.

Hidden in the magical, spectacularly green, rolling hills of the area is Hobbiton, the film set made famous in *The Lord of the Rings* trilogy.

Along with 37 Hobbit holes, fans can check out the Green Dragon Inn, The Mill and other structures used in the upcoming films. Not only has Hobbiton gained fame as a movie set, it is also a working farm experience, café and conference facility.

It's definitely a must for anyone who wants to truly experience the "Shire" when in New Zealand.



Hobbiton movie set in Matamata. FLICKR: ARBRON



Mountain bike skippers canyon track, Queenstown. FLICKR: TRAILSOURCE.COM

Four-wheel drive safari tour in Queenstown

Any reason to visit Queenstown, on New Zealand's South Island, is a good one, and a four-wheel drive adventure through Middle-earth gives visitors a great reason to go.

The Queenstown area was prominently featured in the filming of *The Lord of the Rings* trilogy and Nomad Safaris offers two different tours designed specifically for fans.

The guides are definitely one of the highlights of the tour — many were extras in the films. They know, and are happy to share, all of the local gossip about what the stars of the movies did while they were filming in the area.

Wellington

Everyone who goes to Wellington falls in love with the fun, foodie and fashion-focused city that sits at the southern tip of the North Island.

Known to many as "Wellywood" because of its flourishing film industry, fans can experience the ultimate Middle-earth full-day tour with Wellington Rover Tours — where fans can follow in the footsteps of Hobbits, and spend the day learning film secrets. Wellington also boasts the Weta Cave, which screens a behind-the-scenes look at Weta and interviews co-founder Peter Jackson, among others, has a mini-museum with some of the characters and features props and displays from *The Lord of the Rings* films.



Wellington. FLICKR: ASGW

Regional highlights



Hamilton Waikato

Hobbits have roamed the hills at Hobbiton movie set, near Matamata, where *The Lord of the Rings* and *The Hobbit* Trilogies were filmed.



Christchurch Canterbury

The Canterbury region was used for numerous locations for *The Lord of the Rings* Trilogy and the Mount Cook region has been used again for *The Hobbit*.

Aoraki Mount Cook (3,754 metres) is New Zealand's highest mountain and means cloud piercer.



Central Otago

Central Otago, another picturesque filming location and popular with vacationers, is renowned for being the hottest, coldest and driest part of New Zealand. It is also New Zealand's most inland region. RUTH ATHERLEY

See for yourself

Air New Zealand (airnewzealand.ca) has direct non-stop flights from Vancouver to Auckland and offers flights from many other North American cities. For more information about New Zealand, please visit: NewZealand.com.

- Hobbiton movie set tours — hobbitontours.com.





Can you imagine a better setting than this for the big day? HANDOUT

Dreaming of saying your vows under the Caribbean sun?

Destination wedding.
A few things to keep in mind if you're looking for a stress-free ceremony



LOREN
CHRISTIE
lch@metronews.ca

A growing number of brides and grooms are heading to tropical climes in the hopes of having memorable nuptials.

Before you book your destination wedding, there are a few things to bear in mind.

The costs can vary widely depending on the time and place you get married.

The proximity and easy flight access into Cuba, Dominican Republic and Mexico's Mayan Riviera tend to mean there are better deals to be found in these locales. If your dates are flexible, consid-

er holding off until the April shoulder season and you will fare much better with accommodation rates.

Look into any special regulations. Many of the popular Caribbean destinations require you to be on the island anywhere from two to five days prior to the ceremony.

Typically, you will also need a special marriage license in the local language that could cost several hundred dollars depending on the island, and you may be required to get a blood test. Both future spouses must present proof of citizenship of their resident country.

Hire a local wedding specialist. Bridezilla or not, it can be hard planning a wedding from afar.

A good planner can be your liaison between all the legal bits that need to happen and finding the best and most reliable vendors, from the florist to the photographer to the

caterer. At the very least, look at booking a resort that offers a pre-set wedding package that includes a handful of these elements, such as a justice of the peace, document arrangements and a special location for your ceremony.

Be prepared for bathing suit-clad onlookers. Whether you get married on a resort or at the beach, privacy is something that is hard to guarantee. If you want your ceremony to feel a little more intimate, consider an island like Anguilla, which allows foreigners to get married in local churches.

Consider your guests. If you are hoping loved ones will be coming along to share your big day, the cost of the vacation does matter. Negotiate with your resort or tour operator for a group discount. Also, tell people not to bring gifts, the cost of the trip is enough.

You don't want to be bringing a toaster home on the plane anyway.



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Not your parents' all-inclusive resort

Puerto Vallarta. Get off the resort with a new offering that incorporates adventure and culture into the all-inclusive experience

VAWN
HIMMELSBACH
life@metronews.ca

It's that time of year again — after the holiday parties have come and gone, we're left with the bleak prospect of a long, cold winter ahead of us.

It's also that time of year when we dream of escape — to somewhere warmer, preferably with a beach and an ocean. But for some of us, working on a tan gets boring fast. And staying at a resort often means we don't see anything beyond the pool bar.

For those who want some adventure and culture along with their poolside cocktail, Nolitours has come up with a concept to do just that with noliZone (nolizone.nolitours.com), whether you're looking to zip-line through the jungle, take a cooking workshop or even volunteer in an orphanage. And with discounts at lo-

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cal restaurants and bars, you can skip the buffet and enjoy local cuisine, then dance off those calories at the clubs.

So far, noliZone is offered in Santa Lucia (Cuba), Puerto Plata (Dominican Republic), and Riviera Nayarit and Puerto Vallarta (Mexico). It's not just for couples, there's no single supplement in certain hotels, so it's a great way to meet people if you're travelling solo, and to mix and mingle if you're with a group of friends.

Puerto Vallarta and Riviera Nayarit are noliZone's latest offerings: Puerto Vallarta, with its cobblestone streets and colonial architecture, offers



Puerto Vallarta offers up nightlife, dining and shopping, along with the beaches, of course. COURTESY OF AIR TRANSAT/NOLITOURS

up nightlife, dining and shopping, while its neighbour, Riviera Nayarit, has water sports and outdoor adventures on tap.

For foodies

Mexican fiesta: If you're looking for authentic Mexican cuisine, discover regional specialties at this food festival held once a week at either the quaint village of Bucerias in Riviera Nayarit or in the lively Lazaro Cardenas Park in Puerto Vallarta. Here, you can mingle

with the locals while sampling crispy pork tacos and shots of tequila to live music and traditional dancing.

Cooking workshops: If you want to bring home a taste of Mexico, learn the basics from a local chef. Start the day by shopping for ingredients at a local market, and then use those ingredients to prepare typical Mexican dishes from guacamole to mole.

For sports enthusiasts

If you're craving an adrenaline

rush, try zip-lining at the Canopy Adventure Park, or kayak and snorkel around a group of small volcanic islands at Banderas Bay (or just chill out on a secluded beach hideaway and nature reserve at Las Cal-etras, only accessible by boat).

For voluntourism

For those looking to give back to the community, noliTours has partnered with Casa Hogar, a local non-profit that works with orphaned and abandoned children in Puerto

Vallarta and Bucerias. Spend a day at one of the orphanages, where you can play with the kids, help them with their homework or give staff a helping hand.

Where to stay

The Marival Residences & World Spa Luxury Resort is a four-diamond all-inclusive in Nuevo Vallarta, Riviera Nayarit. Designed as a home away from home, suites offer everything from a fully equipped kitchen to an oversized balcony. Upgrade to a posh penthouse for a private rooftop sundeck and infinity pool overlooking the Pacific. For some R&R after a day of adventure off the resort, sip handcrafted cocktails on the rooftop Insu Sky Lounge or head to the private VIP Beach Club.

Treat yourself

The Melange World Spa at the Marival offers signature treatments from eight cultural traditions, as well as classic spa treatments. Try the Mexico Agave Experience (the native agave plant is used to make tequila), which uses agave, cacao, honey, aloe vera and Mayan mud as part of a body exfoliation, body wrap and facial.



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Drink in this destination with a pub crawl

Raise a glass. From historical havens to kitschy crawl spaces, Manchester's pubs offer fun with your froth

STEVE GOW
life@metronews.ca

England's fastest growing tourist destination, Manchester is also quickly becoming the UK's most cosmopolitan centre. But to capture the once-industrial city's real essence, a Manchester pub-crawl is a spirited way to spend a night with locals — even if it means sleeping in the next day.

The Old Wellington Inn
One of Manchester's oldest buildings, The Old Wellington Inn (built around 1550) is a fantastic first stop on your Manchester pub-crawl.

With a thriving history that includes surviving a destructive 1996 bombing by the IRA, the Inn has a rich spirit along with a big outdoor patio. Inside may get crowded, but no other pub feels as full of cozy heritage as this one for



In between brews, take a moment to visit Queen Victoria Memorial Fountain in central Manchester, England. ISTOCK

a cocktail.

Sam's Chop House

Sam's Chop House is not only an essential stop, but with a reputation for great British dishes, the late 19th-Century pub will help fill hungry crawlers with such traditional delicacies as 10-days-in-the-making corned beef hash.

The basement pub is

warm, buzzing with energy and unmistakable with its life-sized bronze statue of painter L.S. Lowry occupying a stool at the bar.

Circus Tavern

You can't help but feel like a local at Circus Tavern. Open since the 1790s, Manchester's smallest pub is one of Tetley's heritage pubs. With two tiny

rooms covered in autographed photos of famous footballers, it's impossible not to meet your fellow friendly patrons.

Completely lacking in ego, this diminutive drinking hole is loaded with atmosphere and pours a perfect pint.

Fab Café

If you require a break from traditional pubs, Fab Café will

Looking for libations?

Where to find the pubs:

- **The Old Wellington Inn:**
4 Cathedral Approach, M3 1SW
- **Sam's Chop House:**
Chapel Walks, Black Pool Fold, M2 1HN
- **Circus:**
86 Portland St., M1 4GX
- **Fab Café:**
109 Portland St., M1 6DN
- **The Temple:**
100 Great Bridgewater St., M1 5JW



Manchester City Hall. ISTOCK

do the trick.

A movie and TV themed bar, this funky palace is filled with Dr. Who props, a Star Trek-themed DJ booth and tons of pop culture paraphernalia (I even witnessed a Jack Sparrow-attired patron playing a Pirates of the Caribbean pinball machine). Solely for spectacle, Fab Café is worth stopping for a drink or a game of Space Invaders.

The Temple

Wind down the evening at The Temple — an elusive but worthwhile stop in spite of its murky history.

A converted Victorian-era public toilet, the pub still exhibits the tiles and cavernous entrance to its cramped but charismatic crawl space of a bar. Known for one of the city's best jukeboxes, you're sure to get an education on Manchester music since The Temple is also a hangout to many local rock stars.

Kane

American Staffordshire Terrier Mix

Kane is an energetic, sweet 8-9 month old Amstaff mix. He is still very puppy-like in his behaviour and could knock over a smaller child; he should go home with slightly older children, 8+ years & older. Obedience is mandatory for adoption.

For more information on Kane and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Broccoli Pasta does double duty as a warming dish and a cash saver

Whenever you have too little time and too few ingredients on hand — or when you've been eating too much meat — a great alternative is some Broccoli Pasta.

It's delicious, healthy, inexpensive and easy to prepare. The recipe, in fact, is a cinch, consisting of just a few ingredients — pasta, chicken broth, Parmigiano-Reggiano, olive oil and a large head of the name-sake crucifer.

Another of this recipe's charms is its flexibility. You can swap in vegetable broth

for chicken broth, spaghetti for the angel hair pasta, and any other grated hard cheese for the Parmigiano-Reggiano. Sometimes you can even lose the broccoli in favour of roasted cauliflower or Brussels sprouts.

But what makes the dish so popular is its comfort factor. It can be served soupy, so you can slurp the chicken broth along with the strands of pasta. You can also make sure there's some crusty bread within easy reach, which helps to mop up the broth not captured with a spoon.

This dish is so economical it's almost ecological.

1. Heat oven to 450 F. Position one of the racks in top third of oven.

2. Bring pot of water to a boil.

3. Cut broccoli, including the stems, into 2-inch pieces. Peel any thick stem pieces to remove the thick skin.

4. On rimmed baking sheet, arrange broccoli in single layer. Drizzle with oil then sprinkle with salt to taste and toss well.

Cold Weather Broccoli Pasta



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Place on top oven rack and roast for 10 minutes, or until broccoli is crisp tender and slightly brown at the edges. Transfer the broccoli to a large skillet, add the pepper flakes and the chicken broth, then bring to a boil over medium-high heat.

5. When water in large pot comes to boil, add a hefty pinch of salt and the pasta. Stir and cook 2 minutes, or until the pasta is limp but not quite cooked through. Drain pasta and transfer it to the broccoli pan. Simmer for 2 minutes, or

until the pasta is al dente. Stir in the Parmigiano-Reggiano and salt to taste. Ladle into shallow soup bowls and serve. **THE ASSOCIATED PRESS/SARA MOULTON IS THE AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Drink of the Week

Winter Wind

This drink contains traditional holiday spices and ingredients that remind recipe creator Nishan Nepulungoda of festive seasons.

"The sweetness of cinnamon mixed with fresh lime citrus creates a balanced taste that has an added hint of spice when topped with the ginger beer," says Nepulungoda, a mixologist at Blowfish Restaurant in Toronto.

- 60 ml (2 oz) gin
- 30 ml (1 oz) fresh lime juice
- 30 ml (1 oz) simple syrup
- Pinch ground cinnamon powder
- Ice cubes
- Ginger beer
- Lime slice, for garnish

Shake all ingredients with ice. Pour into a rocks glass with fresh ice. Top up with ginger beer.



THE
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Ingredients

- 1 large head broccoli (about 1 1/4 to 1 1/2 pounds)
- 2 tbsp extra-virgin olive oil
- Kosher salt
- 1 to 2 tsp red pepper flakes, or to taste
- 1 quart low-sodium chicken stock
- 1/2 lb whole-wheat capellini pasta
- 1 cup freshly grated Parmigiano-Reggiano cheese

Lasagna meets Butter Chicken

1. Tandoori marinade: In a bowl, whisk yogurt, lemon juice, tandoori spice blend, fenugreek, salt, pepper and hot pepper flakes until well combined. Add chicken; toss to coat. Cover with plastic wrap; refrigerate for 8 hours.

2. Heat oven to 200 C (400 F). Scrape chicken onto rimmed baking sheet lined with parchment paper. Bake in centre of oven 25 minutes or until cooked through. Remove from oven; let stand 15 minutes. Cut chicken into 5-mm (1/4-inch) cubes. Place in bowl, cover with plastic wrap and refrigerate.

3. Butter chicken sauce: In saucepan, heat olive oil and butter over medium-high heat.

Add cumin seeds; toast, stirring frequently, 2 mins. Add onion, garlic and turmeric; cook, stirring frequently, for about 5 mins. or until onions soften. Add ginger, tandoori spice blend and hot pepper flakes; cook, stirring, for another 2 mins. Stir in water, tomatoes, cream, fenugreek and sugar. Bring to gentle simmer, stirring occasionally. Cook 20 mins. Add cooked chicken cubes; simmer another 15 mins or until sauce thickens. Set aside.

4. Meanwhile, in saucepan, heat olive oil and butter over med-high heat. Add onion and garlic; cook, stirring frequently, for 5 mins. or until onion softens. Add mushrooms and green pepper; cook, stirring, 10 mins.

or until veggies are soft. Add salt, garam masala and black pepper; cook 2 mins. Set aside.

5. To assemble lasagna: Heat oven to 200 C (400 F). Spread one-third of butter chicken sauce over bottom of 13-by-9-inch glass baking dish. Arrange 5 noodles over top. Dollop with ricotta; top with vegetables. Arrange 5 more noodles over top. Spread another one-third sauce all over. Sprinkle with half of

mozzarella. Top with remaining noodles. Spread remaining sauce all over. Sprinkle with remaining mozzarella. Cover loosely with foil.

6. Bake in centre of oven 45 mins.; remove foil. Sprinkle with basil. Return to oven for another 5 mins. or until bubbling and golden on top. Let stand 10 mins. before serving.

THE CANADIAN PRESS/ RECIPE COURTESY OF FOOD NETWORK CANADA

Ingredients

Tandoori Marinade

- 250 ml (1 cup) plain yogurt
- 45 ml (3 tbsp) lemon juice
- 30 ml (2 tbsp) tandoori spice blend
- 15 ml (1 tbsp) dried fenugreek
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) black pepper
- 2 ml (1/2 tsp) hot pepper flakes
- 8 boneless skinless chicken thighs

Butter Chicken Sauce

- 45 ml (3 tbsp) olive oil
- 5 ml (1 tsp) unsalted butter
- 5 ml (1 tsp) cumin seeds
- 250 ml (1 cup) diced red onion
- 30 ml (2 tbsp) minced garlic
- 5 ml (1 tsp) turmeric
- 5 ml (1 tsp) minced ginger root
- 30 ml (2 tbsp) tandoori spice blend
- 7 ml (1 1/2 tsp) hot pepper flakes
- 250 ml (1 cup) water
- 1 can (796 ml/28 oz) crushed tomatoes

- 325 ml (1 1/3 cups) 35 per cent whipping cream
- 22 ml (1 1/2 tbsp) fenugreek, crushed
- 15 ml (1 tbsp) sugar

Vegetables

- 45 ml (3 tbsp) olive oil
- 15 ml (1 tbsp) unsalted butter
- 250 ml (1 cup) diced red onion
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) sliced cremini mushrooms
- 250 ml (1 cup) diced sweet green pepper
- 15 ml (1 tbsp) kosher salt
- 2 ml (1/2 tsp) garam masala
- 2 ml (1/2 tsp) black pepper

Lasagna

- 15 oven-ready dry lasagna noodles
- 250 ml (1 cup) ricotta cheese
- 500 ml (2 cups) grated mozzarella cheese
- 4 basil leaves, shredded



This recipe serves 12. COURTESY OF THE FOOD NETWORK

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Are you getting all a-Twitter about social media? Link on the bright side

Success on a screen.

The web world is complex, but connecting is key to climbing the job ladder

LEAH RUEHLICKE
TalentEgg.ca

In this day and age, having an online presence is just as essential to your job search as having an error-free resumé.

However, between LinkedIn, Twitter, Facebook and Google+ it can be difficult to master how to effectively manage your many online lives.

Once you've upped your Facebook privacy settings as high as they can go, it's pretty easy to learn how to navigate the 'book.

However, mediums like LinkedIn and Twitter can be a bit trickier to grasp, especially for students and recent grads who don't already have built-in professional networks.

Here are a few tips for getting started:

Mastering the Twitterverse

Pleased to meet you!

Avoid privacy settings

- Keeping an open profile will actually work to your advantage in the world of Twitter.
- Open accounts enable you to connect and share thoughts and ideas more easily with others, which is exactly what Twitter is all about.
- On that note, don't be too open. Twitter is a place for you to solidify yourself as an individual and a professional, not to argue about whose turn it is to do the dishes.



Online and employable

Click boldly through the land of LinkedIn using these simple steps:

- A full profile is a fulfilling profile. Provide as much information as you can, including work history, key responsibilities and educational history. Be specific and highlight key accomplishments so as to give others a clear example of the type of work you're capable of doing.
- It's all about quality, not quantity. It's easy to aimlessly

connect with people in an effort to build up your number of contacts and appear more "popular." Don't invite strangers to your network and don't be offended when those same strangers ignore your requests. Just as a chain is only as strong as its weakest link, your network is only as strong as its weakest connection. It's not just how many people you know, but who these people are.

- It's not all about you. Although LinkedIn allows

Keep your tweeting tone natural and in your own voice.

The whole point of Twitter is to show who you are and what interests you.

• Make like a pencil and have a point

Share links to relevant articles and express your own views.

Tweet out information your followers will find valuable rather than which nail polish colour or salad dressing you went with today.

• Tweet regularly

Keep your profile current and tweet on a regular basis. This keeps your online presence up to date and will hold the attention of your followers.

That being said, if you have nothing to say, don't feel you have to post.

• Pay it forward

Retweeting the posts of others builds rapport with your followers, sparks conversation and demonstrates

to others that you don't think it's all about you — you can appreciate what others have to say as well.

• Be appreciative

Acknowledge retweets by publicly thanking those who share your posts — unless



Getting involved in a LinkedIn group can help you keep up with new developments in your field while simultaneously networking. But don't just be a name in the group — participate in discussions and offer input. ISTOCK

The best of your brain

"Tweet out information your followers will find valuable rather than which nail polish colour or salad dressing you went with today."

Leah Ruehlicke

your every tweet gets tweeted 900 times.

Then use some discretion (and probably expect an invitation to appear on The Ellen DeGeneres Show).

• Keep it simple

You only have 140 characters to make your point, so get right to it.

Try using less than the 140 cap in order to make it easier for others to retweet what you have posted.

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Rainmen put on defensive clinic in win over Mill Rats

NBL Canada. Halifax wins second straight to get back to .500



ANDREW RANKIN
andrew.rankin@metronews.ca

Tyrone Levett didn't have a remarkable afternoon by his standards, but the hulking

Halifax Rainmen forward couldn't stop smiling after his squad's impressive 97-70 victory over the Saint John Mill Rats on Tuesday afternoon.

Not only did the win bump the Rainmen up to 10-10, but he and his teammates put on a defensive clinic in front of a Metro Centre crowd of 1,810, limiting a dangerous Saint John club to a woeful 26 per cent from the field.

"It was just a matter of time before we gelled and started be-

lieving in ourselves, trusting in each other and playing for each other," said Levett, who finished with 15 points and eight boards.

The visitors managed to keep the contest close until halftime. But going into the third quarter with a 42-40 lead, Halifax took control, allowing just 16 points and then a mere 14 in the fourth.

In fact, it was the lowest point total the Rainmen have allowed this season in their second straight home victory.

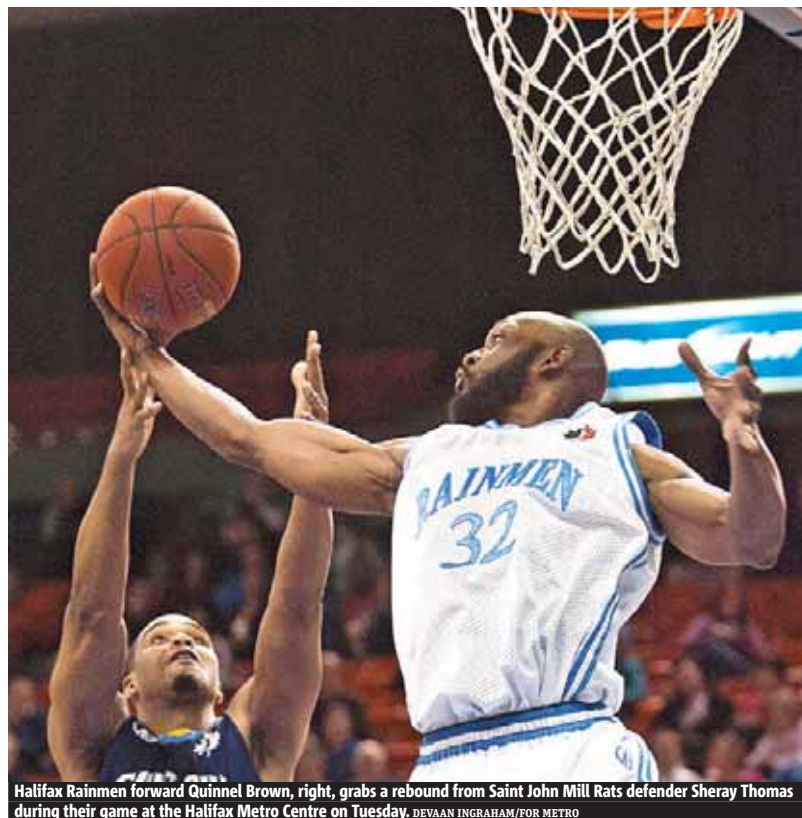
Antoine Tisby led the way with 18 points and eight rebounds in a balanced team effort — six players notched double digits in scoring. Shera Thomas poured in a game-high 21 points and 10 rebounds for Saint John.

The Rainmen now hold the fifth seed and final playoff spot.

After his squad's performance, Quinzel Brown predicted the Rainmen would be in the playoff mix come March.

"We came out focused and we never let up," said Brown, who had 14 points and eight rebounds on the night. "We still have a little more gelling to do, but this definitely is something to build on."

The Rainmen face the Moncton Miracles on the road Friday at 7 p.m.



Halifax Rainmen forward Quinzel Brown, right, grabs a rebound from Saint John Mill Rats defender Shera Thomas during their game at the Halifax Metro Centre on Tuesday. DEVAAN INGRAHAM/FOR METRO

Quoted

"We have guys who can score 30 a night, that's never been a problem. Defence has been."

Halifax Rainmen forward Tyrone Levett

Moose talking, but no major deals yet



Cam Russell METRO FILE

There's been talk, but no real wheeling and dealing by the Halifax Mooseheads in this year's Quebec Major Junior Hockey League trading period.

General Manager Cam Russell says he's been speaking with several teams, but as of yet, there were no significant moves.

"There are a lot of discussions going on with different teams so we're active, but like we said all along it has to be something that makes sense now and makes sense for the future," Russell said Tuesday.

When asked if he expects to make a significant move before the Jan. 8 deadline, Russell would only say "it's a possibility."

In some instances, Russell says the offers being made are too steep and include players he's unwilling to part with.

Overall, there have been 27 deals since the trade window opened Dec. 22. Most have been minor, including a swap between the Mooseheads and P.E.I. Rocket that saw Halifax land 19-year-old goaltender Jeremy Gallant for the rights to 18-year-old

Mooseheads schedule

The Halifax Mooseheads return to action Thursday when they host the Moncton Wildcats at 7 p.m.

- Halifax is riding a seven-game winning streak and is 6-0 since Nathan MacKinnon, Jonathan Drouin and Martin

Frk left for the world juniors.

- The Mooseheads played twice over the holidays, winning a home-and-home set with the Cape Breton Screaming Eagles on Dec. 28 and 29, with both games ending 4-1.

centre Craig MacLauchlan.

"I'm a little surprised with how quiet it's been but typically you see a flurry of

activity the last day or two," Russell said. "Just a lot of tire kicking until that goes down." PHILIP CROUCHER/METRO

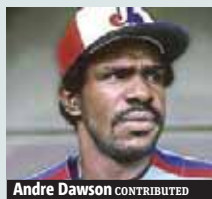
Celebrity dinner

Dawson to break bread in Halifax

The Hawk is coming to Halifax.

The Canadian Progress Club of Halifax announced that Baseball Hall of Famer and former Montreal Expos' great Andre Dawson is coming to the 41st annual sports celebrity dinner Feb. 7 at the Cunard Centre.

Other celebrities already announced include former NHLer Brett Hull and Canadian soccer star Christine Sinclair. METRO



Andre Dawson CONTRIBUTED

Annual event

Tigers win their holiday tourney

The host Dalhousie Tigers defeated their cross-town rivals to win the annual Rod Shoveller Memorial Tournament on Monday.

John Traboulsi had 17 points and six rebounds for the Tigers as they beat the Saint Mary's Huskies 79-75 in overtime at Dalplex.

Jarred Reid added 14 points in the victory. Kevin Thomas had a game-high 23 points and 12 boards for Saint Mary's.

In the bronze medal game, the Laval Rouge et Or knocked off the St. Francis Xavier X-Men 98-82.

William Yengue of the Tigers was named tournament MVP. All-star sections included Kashrell Lawrence of Dalhousie, along with Thomas and Jeremy McAvoy of Saint Mary's. METRO

CHL

Knights' winning streak ends at 24

The Sarnia Sting pulled out a 6-5 overtime victory over London that ended the Knights' 24-game winning streak Tuesday. London was one win short of the Canadian Hockey League mark of 25 set by the 1983-84 Kitchener Rangers. THE CANADIAN PRESS

Penn State scandal

Governor to file federal lawsuit against NCAA over sanctions

Pennsylvania Gov. Tom Corbett said Tuesday he plans to sue the NCAA in federal court over stiff sanctions imposed against Penn State University in the wake of the Jerry Sandusky child sexual abuse scandal.

The Republican governor scheduled a Wednesday news conference on the Penn State campus in State College to announce the antitrust filing in U.S. District Court in Harrisburg, Pa.

The sanctions, which were agreed to by the university in July, included a \$60-million fine that would be used nationally to finance child abuse prevention grants. The sanctions also included a four-year bowl game ban for the university's marquee football program, reduced football scholarships and the forfeiture of 112 wins, but didn't include a suspension of the football program, the so-called death penalty.

The governor's office announced the news conference late Tuesday afternoon. His spokesman did not respond to repeated calls and emails seeking to confirm a Sports Illustrated story that cited anonymous sources saying a lawsuit was imminent.

THE ASSOCIATED PRESS



Pennsylvania Gov. Tom Corbett
GETTY IMAGES FILE

College football

Stingy defence lifts Stanford to Rose Bowl win

Stepfan Taylor rushed for 89 yards and an early touchdown, Kevin Hogan passed for 123 yards, and No. 8 Stanford's dominant defence shut out Wisconsin in the second half of a 20-14 victory in the 99th Rose Bowl on Tuesday night.

Urus Amanam made the decisive interception near midfield with 2:30 to play as the Pac-12 champion Cardinal (12-2) won their first Rose Bowl since 1972.

The Badgers managed 82 yards after halftime.

THE ASSOCIATED PRESS

Canadian juniors enjoying home cooking in Russia

World juniors. Team Canada has a two-man cooking crew installed in team's hotel kitchen

There are some nights Nathan MacKinnon can't believe what he sees. And what he eats.

"It's probably the best food I've ever eaten for sure," said the Team Canada forward.

He's not talking about the fare available to the general public in Ufa, Russia — which amounts to a lot of soup, perogies, and mystery-meat-filled-pastries. He's talking about the spread he and his Team Canada teammates are able to eat in their hotel.

In a bid to bring the comforts of home halfway around the world, Team Canada has brought Calgary restaurateur Jeff Hanna and chef Andrew Gass to the world junior hockey championship to feed the players.

"They've mixed it up every day. It's awesome to have them over here," said MacKinnon. "No mystery meats."

"We're really lucky to have them."

The idea started a few years ago when the tournament was in Sweden. It was repeated when the tournament was in the Czech Republic. Now Gass and Hanna are integral parts of Hockey Canada's behind-the-scenes crew.

"It's about nutrition. It's about flavourful food," says Hanna. "It's stuff that's recognizable for them."

"The guys polished off 72 racks of ribs, to give you an example of the quantity of food these guys can eat."

They are hungry, growing teenagers, after all.

"Even (Hockey Canada of-



Calgary restaurateur Jeff Hanna, left, and chef Andrew Gass take in a Team Canada game in Ufa, Russia. They leave in the second period to get back to the hotel kitchen to make dinner for the team's ravenous teenagers. TORSTAR NEWS SERVICE

Quoted

"I have a couple of buddies on the U.S. team and they say they've had a couple of questionable meals."

Canadian junior forward Nathan MacKinnon and his teammates are eating well thanks to Calgary restaurateur Jeff Hanna and chef Andrew Gass

broccoli and a sausage coil that was grilled but didn't taste like meat that was decent."

The two cook for the entire Team Canada contingent — providing boxed lunches for the players for their bus ride after games back to the hotel and for coaches who want to stay late at the rink to scout the other teams, and for train-

ers and equipment staff who do the grunt work, saving them time for not having to go to a restaurant.

The players, and some of the parents, have thanked the cooks for their efforts.

"That really hits home for us, it gives you chills down your spine," said Hanna.

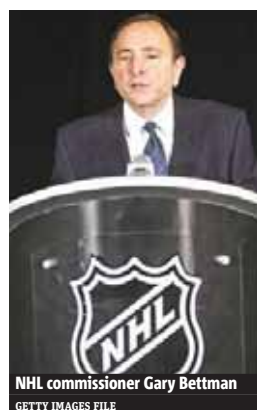
TORSTAR NEWS SERVICE

Junior sampler

Team Canada's players are enjoying some good home cooking.

- They had turkey for Christmas dinner. They've eaten lasagna and chicken tetrazzini. Ribs were a big hit.
- For dessert, it's home-baked chocolate chip cookies, oatmeal cookies and sometimes a chocolate-blueberry bread pudding. And lots of fresh fruit.

NHL tables counter-proposal to union



NHL commissioner Gary Bettman
GETTY IMAGES FILE

The NHL delivered a comprehensive counter-proposal to the NHL Players' Association on Tuesday night as the sides pushed to reach an agreement to save the season.

NHLPA executive director Donald Fehr said the union would review the document during the evening and expected to return to the bargaining table at some point on Wednesday.

Fehr declined to be specific about what was being negotiated. "It's better to be meeting than not but I'm not saying anything else more about it," he said.

The talks are being held

By the numbers

108

There are signs the 108-day lockout is nearing its end. Players who have spent time in Europe are starting to trickle back to North America, including Bruins forward Tyler Seguin and Rangers goalie Henrik Lundqvist, who wrote on Twitter that "hopefully I'm coming back for the right reason."

with an eye on preserving at least a 48-game schedule — the same number that was played following the 1994-95 lockout. An agreement would need to be in place by Jan. 11

for that to happen.

"The fact that we're involved in a continuous process is something that I'm glad to see, but we're clearly not done yet," said commissioner Gary Bettman.

League officials met well into the night Monday after receiving a new offer from the union that Fehr said included movement on key issues.

It came three days after the NHL tabled a new offer that sparked the latest round of talks.

"We covered the range of subjects they covered," said Fehr. THE CANADIAN PRESS

Back at the table

The NHL's most recent offer saw it soften demands on new contract rules and included a salary cap of \$60 million for the 2013-14 season — a number the union believes is too low.

- While few details of the NHLPA's new proposal are known, commissioner Gary Bettman indicated that it brought attention to the key issues that still need to be addressed.



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Revving up some auto nostalgia

Danny Koker, the restomodding maestro on Pawn Stars' speed dial, has revved the engine on a spinoff series. On History's Counting Cars (premieres tonight 9 p.m. ET/PT), The Count hunts down classic wheels, fixes 'em up and then either flips them or adds the finished beauties to his personal collection. We sought Koker's counsel on some of the sweetest rides to grace the small and big screen.

MIKE DOJC
drive@metronews.ca



1968 Mustang GT 390 Fastback, Bullitt

You can't picture this car without Steve McQueen behind the wheel. The image of the muted highland green muscle car — with deleted emblems and a blacked out tail panel — burning up the hilly streets of San Francisco in hot pursuit of a jet black Dodge Charger has seared itself into the consciousness of cinephiles and auto enthusiasts alike.

Restoration challenge:

Rust is a common issue and you'll likely have to start with a real beater. "Everybody loves to hot rod old mustangs. Lots of them have been crashed on drag strips and roadrace courses, or somebody's teenage kid has wrapped one around a tree. Good examples are getting hard to find, so you're having to settle," explains Koker, who puts \$22,000 into a real hunk of junk and transforms it into a beautiful Bullitt tribute on the debut episode.

Price:

\$50 to 60k depending on options.



1961 Ferrari 250 GT California Spyder, Ferris Bueller's Day Off

Car crazed teens drooled on their popcorn over this candy red V12 five-speed aluminum-bodied dream machine when Matthew Broderick took this "so choice" beauty for a spin. "Ironically, the one in the movie was a replica," explains Koker. "(They used) a fiberglass-bodied car on a late model Mustang chassis with a small block Ford 302 motor. To use a real '61 Spyder would've been insane."

Restoration Challenge:

Finding original parts would be almost impossible. But if you have deep pockets, you could go to Italy and have Ferrari re-manufacture whatever you need.

Price:

In 2008, a '61 once owned by the late James Coburn sold for \$10.9 million. The actual car from the film sold for a mere fraction of that in 2010, fetching \$122,000 in a Bonhams auction, practically double the London auction house's estimate of \$45 to 65k.



1969 Dodge Charger, Dukes of Hazzard

The General Lee didn't just give Boss Hogg's flunkies the slip, Chrysler's aerodynamic wild child was designed to lap the competition. Of course, no car could land those ridiculous frame-buckling jumps and drive away unscathed. Nearly 300 Chargers were wrecked over the run of the television series from 1979-1985. "These were really awesome cars with huge engines stuffed into them. You could get a 440 with a six pack (six carburetors), or you could get a hemi. The car was a drag race car right off the showroom floor," says Koker.

Restoration Challenge:

While the parts are out there for old Mopars, they didn't produce as many as other muscle cars from the same period, so they're much more expensive.

Price:

You can build one for \$30 to 40k.



1958 Plymouth Fury, Christine

The demonic two-door hardtop was conceived by Chrysler, but made infamous by horror masters Stephen King and John Carpenter, first in print and subsequently on the big screen. The 1983 film turned this proto-muscle car into an icon. "I love that car because it was an oddball, it was not a car that people sought out to collect and restore. I thought it was really cool that that car was selected to be used and that the version in the movie was restored to 100 per cent original condition," says Koker.

Restoration Challenge:

To take it back to the nuts and bolts original, all your parts have to be the real deal. "Everything you do to the interior has to be accurate, the way you detail the engine compartment has to be accurate, and all those things cost extra money," adds Koker.

Price:

You could build one for \$50 to 60k.

Q & A. Danny The Count Koker weighs in

When Rick and the gang at Pawn Stars need advice on anything with wheels and an engine, they call Danny The Count



Danny Koker
HANDOUT

Koker of Las Vegas' Count Kustoms. On Counting Cars, his spinoff series on History, Koker trolls the streets of Nevada for sweet rides to fix up and then flip, but if he grows too attached they find their way into his expansive personal collection.

You have any tips for first time restorers looking for a project?

Don't get in over your head and pick something that you personally love because you're going to get frustrated and want to throw in the towel somewhere along the line. That's why you gotta pick something that you connect with so you'll stick with the project and see it through to the end. If it's a first time project, pick something simple. Go with an old Mustang, an old Camaro, a '55 Chevy, or something like that where the parts are available and it is not rocket science as far as building it and putting it together.

You knock on doors, stop cars at lights and scout parking lots when you're cruising for cars. Do you think you get better deals looking for cars that don't have for sale signs on them yet?

I believe so. That is my philosophy. It's something that I've been doing for years. In my opinion, if a car has a for sale sign on it, you're already too late. Whoever is selling it has already thought about it, done their research and they know what they want for it. It's probably going to be a little bit tougher to work a deal with somebody like that.

What's your success rate using your bold tactics?

Lots of times when we knock on a door or pull somebody over, or find something in a parking lot, sure I get, "No". It's rare to find somebody to say, "OK, I'll sell you my car." I get the no all the time. But on the rare occasion, you get someone in the right frame of mind and mood. They really haven't given it too much thought and maybe they need a little money right now, and you might be able to work a better deal.

MIKE DOJC

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3.	Foo Fighters	These Days
4.	The Black Keys	Lonely Boy
5.	Aerosmith	Legendary Child
6.	Slash f/ Myles Kennedy	You're A Lie
7.	Green Day	Oh Love
8.	ZZ Top	I Gotsta Get Paid
9.	Matt Mays	Take It On Faith
10.	Rolling Stones	Doom And Gloom
11.	Soundgarden	Been Away Too Long
12.	Van Halen	Tattoo
13.	Bush	The Sound Of Winter
14.	Led Zeppelin	Kashmir (live)
15.	Big Wreck	Wolves
16.	Offspring	Days Go By
17.	Our Lady Peace	As Fast As You Can
18.	Seether	Tonight
19.	Van Halen	She's The Woman
20.	Foo Fighters	Bridges Burning
21.	Rival Sons	Pressure And Time
22.	The Trews	The Power Of Positive Drinking
23.	Shinedown	Bully
24.	The Stanfields	Invisible Hands
25.	The Sheepdogs	The Way It Is
26.	The Black Keys	Gold On The Ceiling
27.	Our Lady Peace	Heavyweight
28.	Three Days Grace	Chalk Outline
29.	The Sheepdogs	Who?
30.	Gloryhound	Electric Dusk
31.	Slash f/ Myles Kennedy	Standing In The Sun
32.	Walk Off The Earth	Somebody That I Used To Know
33.	The Black Keys	Little Black Submarines
34.	The Trews	Misery Loves Company
35.	Theory Of A Deadman	Hurricane
36.	Red Hot Chili Peppers	Look Around
37.	Foxy Shazam	I Like It
38.	Motley Crue	Sex
39.	Led Zeppelin	Ramble On (live)
40.	I Mother Earth	We Got The Love
41.	Red Hot Chili Peppers	Monarchy Of Roses
42.	Mumford & Sons	I Will Wait
43.	Nickelback	Bottoms Up
44.	Monster Truck	Righteous Smoke
45.	The Stanfields	Death & Taxes
46.	Nickelback	This Means War
47.	The Tragically Hip	At Transformation
48.	Bruce Springsteen	We Take Care Of Our Own
49.	Rush	Headlong Flight
50.	Led Zeppelin	Rock And Roll (live)
51.	The Danger Bees	Standing Still (The Girls I Call Don't Answer Anymore)
52.	Alabama Shakes	Hold On
53.	Colin James	Stone Faith
54.	Shinedown	Unity
55.	Paul McCartney, Dave Grohl, Krist Novoselic, & Pat Smear	Cut Me Some Slack
56.	Big Sugar	Little Bit A All Right
57.	Led Zeppelin	Black Dog (live)
58.	Arkells	Whistleblower
59.	Billy Talent	Surprise Surprise
60.	Aerosmith	Lover A Lot
61.	Metallica	When A Blind Man Cries
62.	Kiss	Hell Or Hallelujah
63.	Led Zeppelin	Stairway To Heaven (live)
64.	The Sheepdogs	Feeling Good
65.	Nickelback	When We Stand Together
66.	Slowcoaster	Flip Flops
67.	Green Day	Let Yourself Go
68.	The Rolling Stones	One More Shot
69.	Bruce Springsteen	Easy Money
70.	Big Wreck	A Million Days
71.	Kenny Shields	Angie
72.	Sam Roberts Band	Let It In
73.	Paul McCartney	My Valentine
74.	The Wallflowers f/ Mick Jones	Reboot The Mission
75.	Gotye	Somebody That I Used To Know
76.	Led Zeppelin	Whole Lotta Love (live)
77.	Joe Walsh	Analog Man
78.	Aerosmith	Street Jesus
79.	Monster Truck	Seven Seas Blues
80.	Sixx:A.M.	Are You With Me Now
81.	Poor Young Things	Blame It On The Good Times
82.	The Cult	For The Animals
83.	Chickenfoot	Different Devil
84.	The Darkness	Everybody Had A Good Time
85.	Scorpions	Ruby Tuesday
86.	Billy Talent	Viking Death March
87.	Neil Young & Crazy Horse	Oh Susannah
88.	Led Zeppelin	Dazed And Confused (live)
89.	Gloryhound	TKO Tokyo
90.	The Tragically Hip	Streets Ahead
91.	The Doors	She Smells So Nice
92.	Chevelle	Face To The Floor
93.	Wintersleep	In Came The Flood
94.	Heart	Fanatic
95.	Sam Roberts Band	Without A Map
96.	Lynyrd Skynyrd	Last Of A Dyin' Breed
97.	Jack White	Love Interruption
98.	Joel Plaskett Emergency	You're Mine
99.	Led Zeppelin	Trampled Underfoot (live)
100.	Bruce Springsteen	Land Of Hope And Dreams
101.	Wintersleep	Resuscitate
102.	Led Zeppelin	Good Times Bad Times (live)
103.	Joel Plaskett Emergency	Transit Strike
104.	The Cult	The Wolf

#1 The Black Keys El Camino

2.	Led Zeppelin	Celebration Day
3.	Nickelback	Here And Now
4.	Rush	Clockwork Angels
5.	Van Halen	A Different Kind Of Truth
6.	Green Day	Uno!
7.	Slash	Apocalyptic Love
8.	Big Wreck	Albatross
9.	Mumford & Sons	Babel
10.	Bruce Springsteen	Wrecking Ball
11.	The Sheepdogs	The Sheepdogs
12.	The Tragically Hip	Now For Plan A
13.	Three Days Grace	Transit Of Venus
14.	Billy Talent	Dead Silence
15.	Offspring	Days Go By
16.	Matt Mays	Coyote
17.	Foo Fighters	Wasting Light
18.	Shinedown	Amoryllis
19.	Aerosmith	Music From Another Dimension!
20.	Soundgarden	King Animal

Parts department

WHEELBASE MEDIA

Small and strong

Traditional bike racks can be cumbersome, however, if your car has a hatchback or liftgate — such as a wagon, minivan or sport utility vehicle would have — the Hornet by Seasucker offers one of the simplest ways to transport your two-wheeler. The product consists of a pair of vacuum-style suction cups that you attach to the vehicle's rear window. Special mounting brackets on each cup secure the bicycle by the handlebars. Each cup has a pull-strength rating of 55 kilograms, but for extra safety the system comes with a strap that connects the bike to the hatch or liftgate frame. The entire kit stores in a special pouch when not in use and could possibly be stowed away in the glove compartment. The Hornet sells for \$185 US. seasucker.com.



Pampered life

There are people who can afford to give their vehicles the very best of care and attention. For these well-heeled types, Mitchell and King of Scotland provides a highly specialized line of car-care products. The company bills itself as "the most unique and exclusive car wax artisans in the world" and based on their prices, there's no reason to doubt them. For example, the company's SPA bespoke car shampoo consists of the most exotic and rarest of waxes that can be blended to whatever scent the purchaser wishes to have infused into the product. Each order of custom-make SPA shampoo is contained in a six-ounce crystal decanter that can be engraved to order and can also be had with a brass plaque for special gift giving. SPA is priced at about \$240 US. mitchellandking.com.



Slot car set of all time

Remember those racing sets you and your friends used to play with as kids? Well this decidedly adult version is nothing like those toys. Called the Porsche 917 Le Mans Raceway, the slot car layout is patterned after the actual Le Mans track located in France, complete with race cars, grandstand and other authentic-looking stuff. The 1:32-scale set is contained inside a full-scale replica of the classic Porsche that conquered the 24 Hours of Le Mans endurance back in the early 1970s. The 917 was also featured in actor Steve McQueen's 1971 movie LeMans. If

the \$125,000 US price tag doesn't scare you off, you can place your order through ham-macher.com.



No, you don't have it all

Mustang owners/lovers often display their affection for their favourite car by wearing T-shirts, jackets or ball caps that show the Mustang brand. Now they can wear Ford Mustang leather driving shoes. Officially licensed from Ford, these racing-style kicks feature leather suede uppers with the classic Mustang pony logo embedded on each side. The vulcanized rubber sole comes with special outer protection where needed for heel-and-toe shifting, while the innersole can be replaced with most orthopedic insole types. The Mustang shoe can be ordered in red, black, blue or gold, in full and half sizes 7 to 13 and in medium to EEE widths, for \$90 US a pair from worldclass-motoring.com.



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PUBLIC AUCTIONS

2012 Hfx No. 408594
SUPREME COURT OF NOVA SCOTIA
BETWEEN:

National Bank of Canada, a body corporate

PLAINTIFF

-and-

Rebecca Marie Whitehead and Grant Thornton Limited, in its capacity as Trustee in Bankruptcy for Jennifer Noreen Stevens

DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY:

House, lands and premises known as 49 Ainslie Crescent, Eastern Passage, Halifax Regional Municipality, Nova Scotia, identified by PID 40435869 and more fully described in Schedule "A" of the mortgage dated February 24, 2011 and recorded at the Land Registration Office for Halifax County as Document No. 97985155. This property is registered pursuant to the Land Registration Act.

Subject to Restrictive Covenants (burden) as contained in the Deed recorded at the Halifax County Registry of Deeds on August 26, 1987 in Book 4442, at Page 988, as Document No. 54174.

A copy of the description of the property, as contained in the mortgage foreclosure, is on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Thursday, January 24, 2013

Time of Sale: 12:30 p.m. local time

Place of Sale: Conference Room 3,

2nd Floor, The Law Courts, 1815

Upper Water Street, Halifax, NS

Terms: Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed December 17, 2012.

Allan D. Cooley

Sheriff for Halifax Regional Municipality

W. Glenn Hodge

COX & PALMER

1100-1959 Upper Water Street

PO Box 2380 Central

Halifax, NS B3J 3E5

Solicitor for the Plaintiff



Camouflaged Corvette debuting at the Detroit auto show. HANDOUT

Hot cars and hot trends for 2013

Sexy ride! A rundown of the year's most exciting vehicles and their mouth-watering features



AUTO PILOT
Mike Goetz
drive@metronews.ca

Vroom

The one luxury-performance car I'm most looking forward to next year is the 2013 Jaguar F-Type, the first full-on two-seat sports car from Jaguar in more than 50 years

Mike Goetz

It's that time again when we must take stock of last year and look forward to the next. Or climb into a big, woolen sock and hibernate until May. Someone poked me with a stick, so I'm up-and-Adam and ready to pursue the former option.

2012 was a year when the manufacturers really focused on giving us increased fuel economy in every vehicle category, and not just the smaller ones.

This is a trend we'll certainly see continue in 2013 and beyond. Exhibit A: The all-new and completely redesigned Corvette debuting at this month's Detroit auto show. It promises to go from zero to 60 m.p.h. in under four seconds and deliver 26 m.p.g. (9 L/100 km) fuel efficiency on the highway.

The 'Vette is also part of another trend — that high-end performance and luxury vehicles aren't going anywhere. They seem indifferent to socio-economic times that might suggest buyers lean toward more austere and/or greener choices. Luxury brands in Canada actually did better (proportionally) in the 2012 sales year than many mainstream brands.

BMW has an interest-

ing strategy rolling out in 2013 to cope with this duality in the marketplace. It will introduce the "I" sub-brand, to distinguish the automaker's most out-there green vehicles. The i3, a five-door EV, will launch at the end of 2013, while the i8 hybrid sports car will follow in early 2014.

All luxury brands helped themselves recently by dipping into smaller and less-expensive segments. Last year, we saw Buick Encore and BMW X1 work this angle, and next year Audi Q3 will do its thing in this compact-luxury segment. Get ready to see more of these compact, entry-level luxury crossovers.

But the one luxury-performance car I'm most looking forward to next year is the 2013 Jaguar F-Type, the first full-on two-seat sports car from Jaguar in more than 50 years.

Small is getting more fun, with the recent arrivals of such over-achievers as Ford Focus ST, Fiat 500 Abarth and Mini Roadster. Fun will go even smaller, when the 2014 Ford Fiesta ST arrives, with its near-200 hp Ecoboost engine and 6-speed manual shifter.

This influx of hot, small

and bothered vehicles is also part of another, larger trend — North American buyers are becoming more simpatico with our European counterparts. As such, we're seeing less differentiation between product offerings between the markets and that's a good thing. Two interesting Euro-born vehicles to watch for next year are the four-door Fiat 500L and Ford's new minivan, the Transit Connect.

Of course we'll see more full-on EVs come on stream in 2013, such as Chevrolet Spark EV, smart ForTwo Electric, Honda Fit EV, and the fore-mentioned BMW i3. Will they help make EV mainstream? Probably not in 2013, but if they keep coming and do their stuff, prime time can't be too far away.

And how about mainstream diesel? The all-new 2014 Mazda6 is available with a 2.2-litre diesel engine. As the first (non-VW) mainstream sedan with a diesel, it will be interesting to watch how it will be embraced in 2013.

Finally, we must also pay attention to the continuing "smart phoning" of vehicles. Just this week, Hyundai announced it was working on a smart phone app utilizing NFC technology that would allow you to do a host of things to your vehicle, not the least of which would be unlocking it and starting it. Yes, starting your car with a phone and not a key. Which begs the question, at what point is the smartphone an extension of the car, or the car an extension of the smartphone? I'll leave you now to discuss that, 'cause I'm crawling back into my comfy sock.

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Horoscopes

Aries

March 21 - April 20

You have been a bit too generous for your own good of late and, not surprisingly, someone has taken advantage of the situation. Now you must take back what was taken from you, plus a little extra for your trouble.

Taurus

April 21 - May 21

If there is something new you would like to do, something extravagant and exciting, you must stop dreaming about it and get on with it. The Sun in Capricorn urges you to get busy right now — later is too late.

Gemini

May 22 - June 21

What happens over the next two or three days will bring the kind of changes that even you feel happy about. You should have realized by now that not all change is bad. Some change is exciting and even inspiring.

Cancer

June 22 - July 23

You are embarking on one of the best times for one-to-one relationships, both personal and professional. Others will go out of their way to help you over the next 24 hours. Go out of your way to enjoy it.

Leo

July 24 - Aug. 23

Focus on quality work today. You may be tempted to take on more duties and responsibilities but that will inevitably lead to a loss of value. The fewer things you do, the better you will do them.

Virgo

Aug. 24 - Sept. 23

This may be a time of great activity but don't overdo it. Set your sights high today but don't aim for too many things all at the same time. No matter how fit you feel you will burn yourself out.

Libra

Sept. 24 - Oct. 23

You will have to make decisions for other people today. It may worry you that their welfare is in your hands but fate has put you in this position for a reason, so be confident you will make a success of it.

Scorpio

Oct. 24 - Nov. 22

You will face a number of challenges over the next few days and you cannot run away from them. That's good. Your life is in a bit of a rut at the moment and you need something to get you out of it.

Sagittarius

Nov. 23 - Dec. 21

If someone asks you to take on more work today you must be strong-minded enough to say no. Whatever you might think you owe other people, you owe more to yourself — and nothing matters more than your health.

Capricorn

Dec. 22 - Jan. 20

There is nothing you cannot achieve if you want it enough. Rarely have the omens been this good, so stop worrying about what the neighbors might think and start living the kind of life you dream of.

Aquarius

Jan. 21 - Feb. 19

You may be tempted to start something new today but the planets indicate it would be wiser, and easier, to focus your energies on finishing what you have already started. Attitude is everything. Think of it as fun.

Pisces

Feb. 20 - March 20

The planets warn you have only a limited grasp of what is going on at the moment and what others tell you today is needed to complete the picture. Thank them for pointing out what you have missed.

SALLY BROMPTON

Crossword

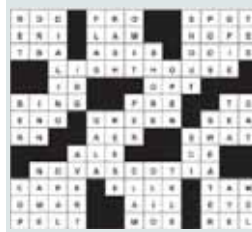
Across

1. Light-feather link (2 words)
4. College major
8. Captain's journal
11. Lose one's cool
13. Operatic solo
14. "Cold Mountain" heroine
15. The Munsters' bat
16. Auction word
17. Term of respect
18. Defense mechanism
20. Not now
22. Happy Days hangout
23. Chest muscle, for short
24. Soup server
27. Frontier figure
31. Disney deer
32. -- standstill (2 words)
33. Wide shoe width
34. Be lenient with
37. Aroma
39. Lay eyes on
40. Exclude
41. Book contents
44. Newspaper employee
48. Slippery fish
49. Variety
52. Scotch partner
53. Before, of yore
54. Sign on a door
55. Nudge
56. Fish eggs
57. Snoopy
58. Hospital units (abbr.)

Down

1. Extremely dry
2. Stuffing herb
3. Before long
4. Sends a letter
5. Gallery display
6. Even score
7. Small village
8. Bringing up the rear

Dec. 21's Crossword

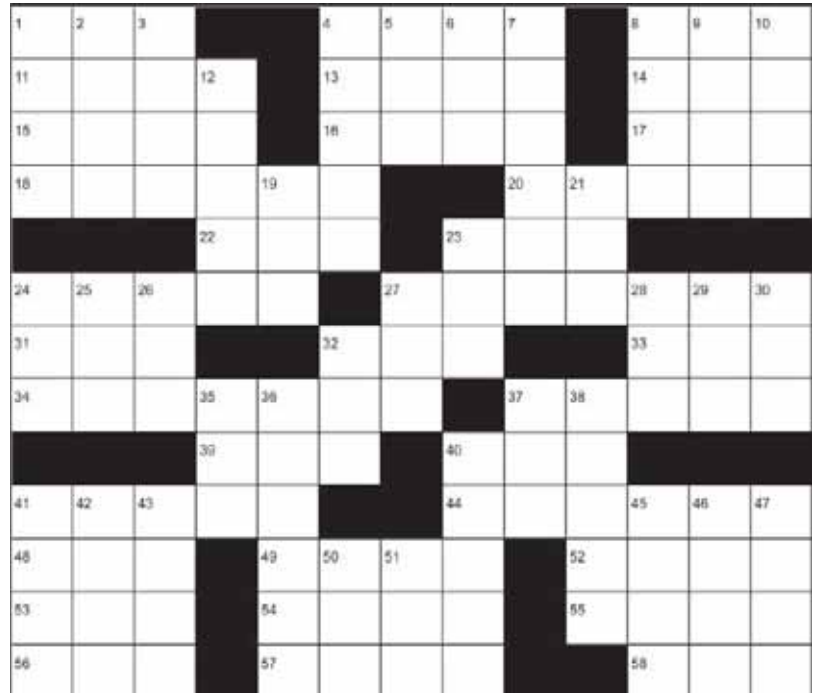


What's online

See today's answers
metronews.ca/
answers.



BY BETTY MARTIN



9. Cartoon dog
10. Actress Teri of "Tootsie"
12. Courtroom drama
19. Pub offering
21. Pretend
23. Soup vegetable
24. Flower garland
25. Abby's twin sister
26. Family man
27. Sault — Marie
28. Jeans brand

29. Poetic time of day
30. Soak as flax
32. Epoch
35. Benefit
36. Subside
37. Down in the dumps
38. Crunchy
40. Veronica's friend
41. Look closely
42. Flying (prefix)
43. High spirits

45. Ripped
46. Unpleasant smell
47. X-ray dosages
50. Losing tic-tac-toe row
51. Sue Grafton novel: -- for Ricochet (letter and word)

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Dec. 21's Sudoku

7	5	8	9	1	3	2	4	6
9	6	3	4	7	2	8	5	1
2	4	1	5	8	6	3	7	9
1	7	4	6	3	9	5	8	2
5	8	2	1	4	7	9	6	3
3	9	8	2	5	8	4	1	7
4	1	9	7	2	5	6	3	8
8	3	5	8	9	1	7	2	4
6	2	7	3	6	4	1	9	5

4			3		9			
5	9						4	8
	6			4		9		
	3		1	2				4
		2				7		
1				8	7		5	
		4		1			6	
9	1						2	3
			2		6			7

Today

-11°/-12°

Variable

Thursday

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